

# STUDENT LIFE

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## "Threesome" Facebook group allegedly a scam

BY JOSH HANTZ  
STAFF REPORTER

If you supported Brody Ruckus' efforts to have a threesome with his girlfriend through Facebook, you may have been taken for a fool.

The online music downloading company Ruckus allegedly fabricated the student and his group "If this group reaches 100,000 a girlfriend will have a threesome" to obtain student e-mail addresses to improve business. The company used a Georgia Tech e-mail address after reaching an agreement with the school to use its music services.

Mike Rebel, CEO of Ruckus,

said one of his younger employees in the marketing department created Brody Ruckus and his "threesome" plan so he could have the largest group on Facebook, not to collect e-mail addresses.

"This was one person's idea executed without the knowledge of anyone else in the organization," he said. "It took off beyond our wildest imagination. We have a stringent policy against spamming and privacy. Contrary to what has been reported, we never collected e-mail addresses and used them for spamming purposes."

Rebel said the incident became an issue that he should have been aware of

misreporting, but admits the company has become wiser as a result.

"It was a lesson about what not to do when promoting a service," he said. "It has the heading of 'learning exercise.' At the core we stand for high integrity and what's right with respect to copyrights and how things should be handled. We now have protocols in place to ensure this sort of thing won't happen again."

Three days after Ruckus created the group, more than 100,000 Facebook users had joined. Brody then promised to post pictures of the threesome if 300,000 joined, which soon happened and a Web video if it became the largest group on

Facebook. Rebel said he was choosing what action to take with Brody Ruckus when Facebook itself caught on and deleted him and the group.

"By the time we came to decide what we were going to do, Facebook had already deleted it," he said. "We were deciding whether we should let it run its course as these things often do."

Many University students described the incident as "amusing" and "interesting," but others found it less tasteful. "That's despicable. I find it really frustrating and dishonest that they would use something so foul to get e-mail addresses," said freshman Stephanie Blank.

More than 100 Facebook groups have since sprung up in response to Brody Ruckus' removal, including "Bring Brody Back" and "Brody Ruckus is a FRAUD."

The company caused more controversy days after the account deletion, however. It sent messages to University of Wisconsin-Madison students saying they were eligible for unlimited free downloads. University officials said they never agreed to the deal.

When 1,200 students began downloading from Ruckus a day after receiving the message, the UW's network slowed because of lack of bandwidth and was forced to limit Internet traffic.

Rebel attributed this incident to a misrepresenting.

"The message was not worded appropriately," he said. "The person who wrote the original message wrote it as if we had a direct relationship with Wisconsin."

Ruckus has a partnership with 12 schools but not Wisconsin specifically. It has since apologized and hopes to develop a future partnership.

Washington University and Ruckus signed an agreement that went into effect this semester. As of now, the University has not contacted the company regarding the two incidents, but will be looking into it according to Vice Chancellor for Students James McLeod.

## LSAT and GRE undergo changes

BY JOSH GEORL  
CONTRIBUTING REPORTER

Students looking to attend graduate school will have to adjust to curveballs thrown by the LSAT and GRE exams. Both tests are undergoing significant changes that will affect those who plan on taking them next year.

Law School Admissions Council (LSAC), the organization that administers the LSAT, is instituting two changes to the content of the exam, which is taken by aspiring law students. One affects the reading comprehension section and the other involves prompts given for the writing section.

Starting in June, the reading comprehension section will include six or seven brand new comparative reading questions. Unlike traditional reading comprehension questions which ask new questions over a given passage, these will require the test taker to look at two shorter passages given side by side, explained Ben Baron, vice president of graduate programs at Kaplan, a test preparation company.

"While six or seven out of 10 questions don't seem like a lot, it can have a meaningful impact on any individual's score," said Baron.

The writing section, which does not affect the total score

of the exam in any way, will be simplified in the new LSAT. In the current test, there is the possibility of receiving either an argument or decision prompt.

The new version of the test will only ask a decision prompt.

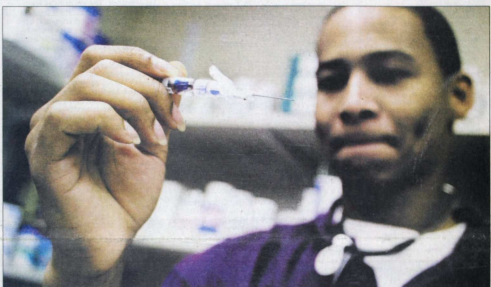
This change would appear advantageous, but it does have a downside.

"There will only be one type of question to prepare for, but the bad news is if students are better at the other they lose those questions," said Baron. Senior Jonathan Lane, who took the LSAT in September, can see the comparative reading section as being an additional hurdle for students when studying for the test. "One thing that will be frustrating for those taking the new exam is that there will probably be no more than a few practice critical reading questions that will be made available before the new section debuts," he said.

Lane suggested that doing the necessary preparation to get the highest possible score is incredibly important to getting into one's preferred school.

"The LSAT is by far the single most important aspect of a law school application. It is significantly more important than the SAT or ACT for undergraduate admissions, MCAT for medical

See TESTS, page 3



Eric Everage prepares a flu vaccine Thursday afternoon at Health Services. Health Services is now administering the vaccinations to students on a walk-in basis through Nov. 17.

## Health Services offers flu vaccination

BY SARA RAHMAN  
CONTRIBUTING REPORTER

With Nov. 1 marking the beginning of flu season, Health Services is now offering flu vaccinations to students. But the usefulness of the vaccine remains uncertain as researchers at the Cochrane Collaboration, an international non-profit organization which reviews health-care methods, stated that the vaccine only have a 15-25 percent efficacy rate among healthy adults.

"There is no guarantee that getting a flu shot will prevent

someone from getting the flu. In one year they may be more effective than in others, but overall, the effectiveness in the community is low," said Roberta Scherer, Ph.D., assistant director of the U.S. Cochrane Center.

Scherer pointed out that there are many variations of the flu virus, but the producers of the vaccine can only target one to the vaccine. As a result, they may not target the predominant strain of the virus that is spread during flu season.

"Each year the flu virus mutates quite frequently, and those who make the vaccine must de-

vide six months before the flu season which virus strain will be spread in the coming season. They make the best guess, but they cannot ever be sure," said Scherer.

The Cochrane Center also promotes further research into the long-term safety of the vaccination.

"There is very little data on the safety of the vaccine. People get the flu the year after year, but there could be long-term health complications that are not known," said Scherer.

Alan Glass, physician and director of Student Health Services,

promoted the vaccination as a benefit to the students. According to Glass, the shots are most effective in college-age students who are young and healthy and whose immune systems can fight the virus with greater force.

"We are very supportive of students getting flu shots. It is not good for students to be sick during finals and the busy part of the academic year," said Glass. The CDC Centers for Disease Control and Prevention certainly recommends the vaccine."

More research is necessary to

See FLU, page 3

## ON LOVE AND SOCIAL CHANGE



Author bell hooks spoke Wednesday morning in Graham Chapel as part of the Assembly Series. hooks emphasized the importance of love, both of self and others, in the movement to increase self-determination, especially in the black community. She called for all to be a positive force for social change, and added "the fate of everyone can be seen in the fate of black women."

## Fresh veggies, where are you?



Doesn't everyone just wish that their vegetables were fresh and delicious without the grease and nastiness? So does Forum columnist Michelle Albert. **FORUM**, Page 7

## "B-Side" broadcasts music and more

BY ANDREA WINTER  
CONTRIBUTING REPORTER

Since its debut in 2001, "B-Side," the longest running university-based TV show at Washington University has matured its voice while still holding true to its roots. The show is bound to face new challenges this spring when its two producers graduate.

The predominantly African-American cast and crew of "B-Side" produces roughly five episodes each semester which air every other Saturday at 3 p.m. on Washington University Television (WUTV) Channel 22. The next episode airs Saturday, Nov. 11. Past episodes are played at 2

p.m. before the new show begins an hour later.

The TV show addresses a wide range of topics including hip-hop music and culture, politics, sports and campus life. Over the years, the show has maintained the same format comprised of different segments.

In one segment, "Real Talk," the co-hosts discuss political issues from the recently proposed tobacco tax in Missouri to Democrat Barack Obama's potential presidential campaign. Another segment, "B-Side Critix," a spin off of the MTV show "Cribs," features "hooked up" student dorms.

The TV show has broadcast several features on rapper Nel-

ly who used the catch phrase, "Catch on the 'B-Side'" in honor of the show. Former producer Julian Milam, a 2004 alumnus, attended interviews with Nelly during his birthday party in 2001.

"A couple of our producers from the past kept close contact with the St. Louisans," said senior Maurice Blaud, producer, director, and editor of "B-Side."

The TV show incorporates planned material with improvisation. "The biggest part of the show is to have fun. We address some serious issues, but most of it's just people being stupid and funny," said sophomore Zoe Julian, cast member and camera operator.

Co-host, sophomore Roxina Brownfield, features in a segment with Julian called "Bo and Zo" which offers advice to students. The segment addresses outrageous questions such as "What does it mean when a person keeps peeing me on Facebook?" as well as more serious ones such as "How can I get a date on campus?"

When Imani Cheers, a 2002 alumna, founded "B-Side," it was primarily focused on hip-hop music. Since then, the show has developed a more political and cultural emphasis. "Lately, the show has focused on serious issues such as up-coming elections,

See B-SIDE, page 2

## Go Cardinals... fans, that is



it's no wonder that the Cards won the World Series. Sure, they have Albert Pujols to slam a homerun, but who can compete with the St. Louis faithful? **Sports**, Page 4



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## Saturday, Nov. 4

## If I Were a Rich Man...

Performing Arts Department presents "Fiddler on the Roof" at 8 p.m. directed by Jeffery Matthews. Tickets can be purchased at Edison Box Office and cost \$15 for the public, and \$9 with a University ID. Additional shows on Nov. 4 and 5.

## Mindfulness Day Colloquium

The Mindfulness Day Colloquium discusses women in Buddhism with guest speakers from the Milwaukee Zen Center. Professor in Chinese Literature and Religious Studies Beata Grant and the head monk of Buddharama Temple of America. The event lasts from 12:30 to 4 p.m. and will take place in Busch, room 100.

## Concert at The Focal Point

Guitarist and poet Pete Merton plays at The Focal Point tonight to sing his lyrics to the world or at least to a Washington University crowd. Merton's optimistic lyrics span from the perspective of a five-year old to that of a punk rocker. Tickets are \$12 in advance and \$14 at the door. The show starts at 8 p.m.

## Sunday, Nov. 5

## Taste of Asia

If you're looking for some good eats, head over to Friedman Lounge for this buffet, sponsored by the Vietnamese, Singapore and Thai Students Associations. The event runs from 4:30 p.m. to 7:30 p.m. It's a bargain at only \$2 to try food from all three countries. Other activities include eating competitions, jeopardy night, and prizes for contest winners.

## Medical Ethics Lecture

The Center for the Study of Ethics and Human Values presents the Boniuk-Tanzman Lecture on Jewish medical ethics. Dr. Fred Rosner will give a lecture on "An Overview of Jewish Medical Ethics" in Holmes Lounge from 7 p.m. to 8 p.m. Continuing Medical Education Credits will be available. This program is free and open to public but registration is requested: visit humanvalues.wustl.edu or call 935-9358.

## Pulse

Compiled by Laura Geggel

## Friday, Nov. 3

## Travel Series

If all you know about Denmark and Sweden is their excessive population of blondes, you need to come to the "Denmark and Sweden: the Kingdoms of Scandinavia" Travel Lecture Series at Graham Chapel. The lecture is at 6 p.m. and 8:30 p.m. Tickets are \$5 at the door.

## Knit-In

The Campus Bookstore will hold its first annual Knit-In event today from 11 a.m. to 4 p.m. at Mallinckrodt Center. The event is free and all are welcome. Local knitting stores and campus knitting groups will be on hand and all knitting books will be discounted 20 percent for the day.

## Indian Dinner

Join Atma, the Hindu students association, at the annual Divyaal Pooja and Dinner tonight at Lopata House in the Village. A short religious ceremony will be conducted at 6:30 p.m. and will be held in the MSA prayer room in the basement of Lopata House. Dinner will follow in the Great Room at 7 p.m. and will cost \$3 per person. All proceeds go directly to Ekai Vidyalya, an organization building schools for children in rural India.

## AAA Charity Date Auction

Over 20 lovely candidates are up for grabs, and all auction proceeds go to the charity Invisible Children. It will be held in Rebekstok Room 215 from 8 p.m. to 11 p.m. There are prizes for the highest bidder including a Nintendo Game Cube.

## B-SIDE ♦ FROM PAGE 1

## catch it on the B-Side

a guide to what's playing on WUTV's 'B-Side'

## hip hop news

Edison Boxers headliner in hip hop. Recent issues include: BKA getting deported and how it's better to have a record than a record.

## real talk

Heck discuss political topics extending beyond the University such as stem cell research, Congressional City, the Islamic veil and Barack Obama.

## b-side cribs

The last place where WUTV's B-Side can show off its hook-up up down rooms and apartments.

## ro and zo

Two lovely ladies offer advice to college students, such as: "What do I do if I'm having trouble with my boyfriend?" and "What if I'm not in a relationship?"

## cop that

A music featuring plays of really hip hop and R&B.

## call in discussion

College students anything related to college life such as: "What do I do if I'm having trouble with my boyfriend?" and "What if I'm not in a relationship?"

## PTI

National for ESPN's Pro Bowl, the International, a panel discussion, updates in professional sports.

## IM highlights

Open from campus Internet sports games are used while they play in the background.

stem cell research, and bi-racial dating," said Bloomfield.

Many cast members agree that the show plays an essential role on campus. "Although the show has become more political, it still tries to portray hip hop culture in a positive light while providing a face and voice for the African-American community on campus," said Bland.

In the freshman class, this year more than ever, the black community on campus has been fragmented. The show is important because it allows students to think about issues in ways that they normally wouldn't think about them and to discuss things that they might not feel comfortable discussing in other settings," said Julian.

Over the years, "B-Side" has broadened its focus from the black community to college life in general. "As long as it still maintains its mission of keeping black culture alive, I think it is good that the show has opened up because it creates a larger audience," said Bloomfield.

When producers Maurice Bland and Andrea Holmes graduate this spring, the cast and crew

anticipate a period of transition but not a leadership crisis.

"Of course the show is going to change, but I still expect it to be as strong as it was," said Bland.

"Maurice is trying to teach people how to edit and he's showing them the ropes of studio work," said Bloomfield. He said that she expects co-host Jeffery Nelson, a freshman, to assume leadership.

"The hardest part next year will be finding someone as dedicated to the show as Maurice. 'B-Side' is a part of Maurice. He dedicates a lot of his time. There will be a really tough transition period trying to find people who committed as he is," said Nelson.

Nelson anticipates "B-Side" to remain consistent with its current concept, but he predicts that the show will have more stars because they allow a greater number of people to contribute. "In the future, I hope 'B-Side' will have more of an impact outside of the black community. It's a quality show in general, so it shouldn't be limited to black students," said Nelson.

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# The Wikipedia revolution

BY DAVID SONG  
STAFF REPORTER

The simplest online database that could possibly work.

That's how programmer Ward Cunningham described the wiki, his idea for a Web site that any viewer could edit. Today, more than a decade after the first such Web site launched, Wikipedia is proving him right.

Since its inception in early 2001, Wikipedia, the wiki's answer to an encyclopedia, has swelled to a database with nearly 15 million articles in English, and features ten other languages with more than 100,000 articles.

For Writing 1, I didn't know exactly what I wanted to write about [my topic] until I went on Wikipedia," said sophomore Jessica Lin. "Sometimes for class discussions, for background knowledge, I go on Wikipedia."

In spite of the flood of information, Joy Moll, reference and web services librarian at the Olin Library, explained that students should refrain from using Wikipedia as a reference, citing primary sources instead.

"I have heard of [University] professors who completely oppose Wikipedia," she said, "and some who don't know of it at all."

Although figures are difficult to assess, Wikipedia likely sees usage from undergraduate students on most campuses, due to its accessibility on the Internet and extensive content.

Lin described similar views on Wikipedia, saying that the Web site was not directly useful in source citations.

"I didn't use Wikipedia for writing papers," Lin said. "I don't think it's a reliable enough source."

However, Lin also noted that Wikipedia remained useful to help with some of her classes.

peedia, you don't know who wrote the article."

Moll stated that Wikipedia could serve as a useful tool in providing a springboard to other, more legitimate sources. However, she also noted that the fluid nature of the encyclopedia project could make current information unreliable.

"The other problem with Wikipedia is the editorial nature. It might not say what it [will say] a week later. If the underlying information is changing, it loses the ability to replicate results."

Moll added that academics at the University differed with regard to usage of Wikipedia in undergraduate studies.

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"I didn't use Wikipedia for writing papers," Lin said. "I don't think it's a reliable enough source."

However, Lin also noted that Wikipedia remained useful to help with some of her classes.

"[Recently], I went on Wikipedia to read about the Hungarian revolution of 1956 to supplement the articles for a comparative politics discussion. [The article] was relevant; at least the main concepts gave me background and context, not specifics."

In the end, Lin stated that Wikipedia had its limits in the classroom.

"For anything important," she said, "I never use it as the sole resource."

Peter Kastor, an assistant professor of history familiar with online resources, looks at Wikipedia with interest, but does not regard Wikipedia as a useful source for students.

"There isn't much of a role for it," said Kastor. "That has to do with the fact that we don't want students using encyclopedias for research...when I look at it, [Wikipedia] is often deeply flawed in its analysis and writing."

Kastor, however, noted that Wikipedia was in itself interesting as a social phenomenon.

"I have told my students not to use it. It would be more comfortable with my students analyzing Wikipedia. I'm intrigued by how fascinated people are by it. I'm struck by how much buzz and attention it's generated," said Kastor. "It's interesting, but it's just the technology that's new and novel."

"It has been my pleasure to work for this ever-growing, ever-expanding experimental wing of the University," said Robert Willenberg, dean of University College.

With smaller class sizes, University College provides "intimate settings" that allow greater interaction with peers as well as lecturers. The typical classroom comprises a diverse set of students from different professional and socio-economic backgrounds. For majors such as communications and journalism and international studies where analysis and debate are essential components, the real world experience of the students seems to contribute toward more effective discussions.

Dale Singer, a 1971 alumnus of Washington University, is the Online News Editor at the St. Louis Post-Dispatch and

teaches online journalism and ethics of journalism at University College. He has noticed that most students are serious learners who "want their money's worth."

"People who are motivated to either return to college to get their degree or start on a degree at an age that is older than the typical college student bring something extra to the whole experience," said Singer.

Dean Willenberg expressed similar sentiments and appreciation for the "tremendous motivation" from students who balance their family lives, professional lives and academic lives. However, he remarked that there has been a growing phenomenon of students under the age of 25 attending University College. Presently, there are about 45 such students pursuing degrees. With growing enrollment at the college, its student profile may be gradually changing as well.

Senior Edmund Fruchter, 20, is one such student who applied to day school but decided to attend University College. "I enrolled because the day school didn't have a journalism program and I can get a degree for \$30,000 that is identical to the one that some kids are getting for several times that," he said.

Fruchter is a staff writer for the Washington University Political Review. He has also written for the Op-ed page of the

# U College celebrates 75 years



Karl Ababa's West African Dance class through the University College on Tuesday and Thursday nights.

BY PREETHI NALLU  
CONTRIBUTING REPORTER

The very first course offered at Washington University in 1854 was a nighttime class intended for working individuals. The curriculum extended to day-time classes towards the end of the Civil War era. For the past 75 years University College has emulated the initial objective of the founders by offering nighttime classes geared primarily towards working professionals and returning students.

"It has been my pleasure to work for this ever-growing, ever-expanding experimental wing of the University," said Robert Willenberg, dean of University College.

With smaller class sizes, University College provides "intimate settings" that allow greater interaction with peers as well as lecturers. The typical classroom comprises a diverse set of students from different professional and socio-economic backgrounds. For majors such as communications and journalism and international studies where analysis and debate are essential components, the real world experience of the students seems to contribute toward more effective discussions.

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Post-Dispatch.

A school with "a specific mission of teaching," University College employs instructors who are practitioners in the fields and can pave their students' career paths.

"I truly appreciated that my instructors are currently employed in the field that they are teaching about," said Sasha Morton, 22, a 2006 graduate of University College. She found her first job in the broadcasting field because of her instructor Ava Ehrlich, who is the executive producer for special projects at KSDK Channel 5. Ehrlich teaches introductory broadcast journalism courses at the college.

Similarly, Fruchter has formed close ties with the faculty of the journalism program. "Right now, I've got seven or eight internships just waiting. I have two dozen professors I can call at the drop of a hat. In two years, this school gave me a career."

Both Morton and Fruchter are exemplary cases who have succeeded with the help of the school's internship placements, the faculty's professional references and their own commendable efforts.

With the introduction of new degrees in Health Sciences and Public Policy, the college hopes to encompass a larger variety of courses and better serve the diverse interests of its students.

## FLU ❖ FROM PAGE 1

decide how useful the flu shot is on a college campus, but students need to take other precautions even if they have had the shot, said Scherer.

"The shot might be worthwhile, but it is not the panacea that most people believe it to be," she said.

## TESTS ❖ FROM PAGE 1

school, GRE for Ph.D. programs or GMAT for business school," said Lane.

There have not been any significant changes to the LSAT in the last 15 years, contrasting the frequent changes made to most other tests for different types of graduate school.

The GRE, which is an important aspect of applications for Ph.D. programs, is undergoing the biggest change in the history of the exam. The changes will be put into effect September 2007. The GRE will be nearly doubling in length from two and a half to over four hours.

"Certainly the new test will require much more stamina on behalf of the test taker," said Susan Kaplan, director of graduate programs for Kaplan.

The way in which the test is given is also going to be significantly different. Currently, the GRE is a computer adaptive test. When the student is taking the test, the computer evaluates performance on certain difficulty levels and gives questions based on this data. In other words, a student who does poorly on difficult questions will be asked easier ones and vice versa.

A pitfall of this format was that the same questions were given in different administrations. Rarely, said Kaplan, students could have been tested on a question that they had already seen posted on the Internet. The linear exam will have entirely new questions for each administration.

The new GRE will focus much more on reasoning based problems. The verbal section will

minimize questions testing vocabulary, instead opting for more critical reading and complex reasoning questions.

Higher-level math will be featured in the quantitative section on the new exam. The questions will deal less with geometry and more with data interpretation and word problems.

In the midst of these changes, it is only logical that the scoring scale also dramatically changes. Instead of the current 200-800 point scale, the new GRE will be based on a 130-170 point scale. The ETS will release a table that allows schools to compare scores on this test to scores on the previous version.

Kaplan explained that the ETS, the same service that administers the SAT, is making these changes because it believes this format will better predict students' success in graduate programs.

The changes to these critical tests will undoubtedly be frustrating for many students. Barton and Kaplan both stress that understanding the changes is crucial. In the end, however, it is still the same game. From there, preparation can go on just as it always has: one agonizing practice problem at a time.

proximately 2,000 vaccines for this flu season, and Eas anticipates that there will be a sufficient number for all students who want one. The cost of the injectable vaccine at Health Services is \$10, and the cost of the nasal vaccine is \$25.

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# SPORTS

## The life of a professional and collegiate trainer

❖ Dr. Matthew Matava brings experience as Rams and Blues trainer to Wash. U.

BY JEFF LESSER  
SPORTS REPORTER

Did you know that the head physician of the St. Louis Rams also provides services to Wash. U. varsity athletes? His name is Matthew J. Matava, M.D., and he is the head team physician here at Wash. U.

Matava, a St. Louis native, received his six-year medical training at the University of Missouri-Kansas City before completing a five-year orthopedic surgery residency at Emory University in Atlanta. Upon leaving Emory, he interned for one year at the Cincinnati Sports Medicine and Orthopaedic Center, where he completed the training necessary to become a specialist in sports medicine. It was at this time in 1993 when Matava first arrived on the scene at Wash. U.

"I always played sports in St. Louis and always wanted to be a doctor, so it seemed like the best of both worlds," said Matava. Practicing sports

medicine in his hometown was a dream come true for Matava. For 13 years, he has been treating "musculoskeletal problems of athletes" at Wash. U. These varsity athletes range from football players to cheerleaders, or, as Matava puts it, from the "weekend warriors" to the "spirit athletes." In reality, though, he has only had to treat one cheerleader in his time at the University.

Since 1994, Matava has worked not only as the Bears' team physician, but as an assistant physician with the St. Louis Blues of the NHL. By 2000, he had become the head physician of the St. Louis Rams, as well.

Work in the NFL has slightly interfered with his role on the Danforth Campus. Whereas in the past, Matava was positioned on the sidelines for every Wash. U. football game, that role has been assumed by his peer, Brian Gruber. He still attends an occasional home game, but his schedule is far busier now, as he is generally

comes to the University only on Mondays—after work—to treat varsity athletes.

Work as the head physician for an NFL team has clearly become a time priority, as Matava attends Rams' practice every Wednesday and Thursday afternoon, meets with the players every Saturday morning before games, is with the team all day Sunday and consults injured players and coaches on Mondays after games. One would think that his time as the Rams' and Blues' team physician would cause him to downplay the importance of treating Wash. U. Division III athletes, but he has hardly allowed this to divert his attention from Wash. U. athletes.

"Taking care of professional athletes allows me to take better care of collegiate athletes," said Matava. "I have a range of treatment options available that I have in the past incorporated for a professional athlete."

Matava has also learned techniques from professional

trainers that he uses when caring for collegiate athletes. And, despite the fact that he would appear to be in a position of expertise from which he could provide advice to other trainers of Wash. U. teams, the veteran doctor maintains that he learns "more from Wash. U. trainers about their particular sport than they learn from me."

Matava is perhaps in a better position than anyone to speak of the difference between sports at Wash. U. and at the professional level.

"At the professional level, it's a job they are being paid to play," he said. They are more willing to play through injuries, "as long as playing does not put them at risk for further injury."

At Wash. U., Matava will not let "a player's health suffer at the goal of winning a competition or winning a game." He elaborated that Wash. U. athletes are generally "not look-

See TRAINER, page 5

## In a St. Louis state of mind:

❖ Why St. Louis fans are the best in baseball



Fans cheer St. Louis Cardinals starting pitcher Jeff Suppan after giving up no hits in the first inning during Game 4 of the World Series.

BY STEVEN HOLLANDER  
CONTRIBUTING REPORTER

When the Pope asked St. Louis Cardinals outfielder Joseph "Ducky" Medwick what he did for a living during a World War II visit to the Vatican, Medwick replied, "Your Holiness, I'm Joseph Medwick, I, too, used to be a Cardinal." While Medwick may have just been trying to get a laugh, he was not far from the truth. In St. Louis, baseball is treated like a religion. Busch Stadium is considered holy ground and manager Tony La Russa is regarded as saintly.

Nicknamed "Baseball City, U.S.A.," St. Louis is known

throughout the country as a great baseball town. Baseball America went as far as to name it the best baseball city in the country in 2000. As for why this is, one need look only at the championship parade that took place last Sunday. A crowd of nearly 300,000 people came out, most of whom were dressed in Cardinal red, and stood up for hours on end to cheer their home team's first World Series championship since 1982. This comes after a season when every regular season and playoff game was sold out.

When asked what makes St. Louis Cardinals, page 5

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# Romance 101

Rejection sucks. We've all experienced that sensation of feeling like someone just punched you in the gut after you were turned away from your dream college or you watched your best friend get chosen over you for a job. That sensation hurts. But very little feels quite as horrible as when someone says to your face, "I'm sorry, I just don't have the same feelings for you." Ouch.

Unfortunately, rejection happens all the time in the dating world. Whether it's having a girl shudder a little bit when you propose going to grab a cup of coffee or having the boy you've been involved with for a while decide he suddenly has no romantic feelings for you, it's going to hurt. The

memory of that pain often keeps us from jumping wholeheartedly into the next thing. If you choose to try your odds in the dating world, rejection is inevitable. So how do you survive it and open yourself up to potentially getting hurt again?

After first hearing the classic, "it's not you, it's me," you find the people who will tell you that it definitely wasn't you—your friends. Whether you need to yell about how she lied you or cry about how things used to be or analyze how exactly the relationship got to that point, your friends will be there to scream expletives with you or to just listen. Don't try to deal with it alone. After you've gotten over the initial shock for your lost voice

after screaming for a few hours try to get your mind off it. Of course you're not going to be able to stop thinking about it, but when you find your mind replaying the conversation from the fifth time in an hour, get up and go play racquetball or go see the group playing in the Gargyle. People who think that telling you to just forget about it will actually delete the memory are a little delusional, but you can work on distracting yourself so you don't spend your three hours of study time staring out the window in the library and pouting.

Rejection often leads us

## Getting back in the game post-rejection

into another interesting place: the land of the rebound. Is it a good idea to explore? For most, rebounding usually just leads to more pain. Though you may just be seeking a one-night kind of thing, you could get invested and soon find yourself in the same place after your one-nighter tells you he was only interested in a casual thing. You also might regret the experience later when you're feeling better about yourself.

A rebound, however, is exactly what some people need to launch themselves back into the dating world. It can be that human contact you've

been craving or the validation that someone finds you attractive. It might give you that closure you need to be OK with being single for a while until someone new comes along. Or it might be a terrible idea. If you choose to explore this area, please proceed with caution.

Though we may try to tell ourselves that everything happens for a reason or that someone better will come along soon, it's not always that easy. You might have had a great relationship, but something kept it from being quite right and you might never know what that something was. It may have been her, it may have been the timing. Who knows?

Even if it seems like someone is determined to make sure you never find another person to be happy with, try to stay optimistic. If you spend your days obsessing over the failures of the past, you won't be open to having a future with someone new. Though sometimes you may be harder (like the day you see him feeding ice cream to his new girlfriend at Urth's), you have to keep an open mind.

Don't let getting hit by rejection put you on the bench—it's probably not the only time you'll be hit with it. Though it may not be today, you'll score a win sometime. But if you're on the bench, that moment will pass by you. So pick your self up, get back into the game and kick rejection's ass.

## CARDINALS ♦ FROM PAGE 4

Louis baseball fans so special, someone and St. Louis native Stephen Himmel said, "We're informed fans and we love the game and we don't boo players who really deserve it." To best characterize the St. Louis baseball fan's mentality, Himmel pointed to the first time former Cardinals ace Matt Morris took the mound as a member of the San Francisco Giants. "The crowd actually cheered for him. We cheered for an opposing pitcher."

The best adjective that describes St. Louis fans is friendly. They are some of the only fans in baseball that don't boo their players. Coming from New York where mothers would boot their own sons if they were in slump, it was caught off guard. You learn quickly that negativity is not valued in this sports culture. Cards fans see more value in cheering for a player having a rough day than booing them. This is why so

many players want to play in St. Louis.

For All-Stars Albert Pujols and Scott Rolen, it was the dedication and temperament of the Cards fans that drove them to forgo free agency and sign long-term deals to stay with the Cards.

"This is a great city and St. Louis," said Pujols, when asked about St. Louis. "Anywhere you go, you're going to have great fans, but not like you have here in St. Louis. I've only played in St. Louis, I haven't played anywhere else, but even when the other teams come here they tell us, 'Man, I can't believe how nice.'"

Just ask Roger Cedeno, who played for the Cardinals in 2004 after spending two seasons with the New York Mets. In the middle of a \$23 million contract, Cedeno had lost his batting stroke and the New York fans were letting him know it. Not only was Cedeno not getting booed, but he was also being the subject of New

York jeering. Then, the skies parted. In the off-season, Cedeno was traded to the Cardinals and all of a sudden those boos became cheers and slowly he began to regain his confidence. While the Mets were working on their golf game and pointing fingers of blame after another disastrous season, Cedeno found himself playing in the 2004 October Classic.

To witness how great St. Louis is to its players, look no farther than Jeff Weaver, the Cards pitcher who clinched the World Series with a dominant eight-inning masterpiece last Saturday. This was a pitcher who got so messed up mentally from pitching the Yankees that he was actually demoted so his brother could take his spot in the rotation. A little hard work and a change of atmosphere and Jeff Weaver is now

officially out of the baseball dog house.

"The fans here are amazing," said sophomore Kraig Young. "They are so dedicated to their baseball. And they love their Cards no matter what happens, through thick and thin."

Even Chicagoans, like Aaron David, hold a favorable view of Arch City baseball fans.

"The fans here are more informed and they care more about the game than fans from any other city," said David.

The most I can say about the St. Louis baseball experience is to try it out for yourself. Independent of which state you hail from and whatever team you may root, take a friend and experience firsthand what make St. Louis "Baseball City U.S.A."

## TRAINER ♦ FROM PAGE 4

ing to go into a career in a professional sport" and have other jobs for which they are preparing. Bears varsity athletes "do not want to put themselves at risk for their future lives with their family." Showing tremendous respect for the Wash. U. athletes, Matava added, "They are true student athletes; devoted to their sport, but also to their studies."

Another key difference between the two levels of play is that "in the NFL, a lot of times agents will send players for second opinions," hoping to receive a diagnosis that permits the player's somnolence possible return to the playing field. At Wash. U., Matava noted, "The athletic director [John Schell] will always and has always supported the de-

cisions we make in regards to the health of a player." Winning games is a much larger priority in the NFL than at Wash. U., but at both levels, Matava said, coaches always makes sure to "put the players' health first," before any pressures to win.

In balancing his role as a physician for the Blues and Rams with his own medical practice and his family, Matava may not spend as much time at Wash. U. as he has in the past. Still, the professional experience he brings to the University is immeasurable.

Having a physician with the experience of Matava is a huge asset at the University, as an injured varsity athlete can be guaranteed only the best treatment.

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**STUDENT LIFE**

## STAFF EDITORIAL

# Ruckus' behavior unacceptable

I Ruckus scams nearly half a million people, should the University continue to support it? That's the question facing the administration after Ruckus used Facebook in a subversive tactic to get those schools to adopt Ruckus. Its doing so, Ruckus was completely unethical, and the University should end its partnership with Ruckus as soon as possible.

On Sept. 5 of this year, a man named Brody Ruckus at Georgia Tech started a Facebook group entitled "100,000 people join this group, my girlfriend will have a threesome." It took only one day for 1,000 people to join the group, and the initial goal of 100,000 members was reached in three days. Brody Ruckus promised pictures if the group reached 300,000 members, and once that number was exceeded, pledged to post a video of the threesome if the group became the largest on Facebook. The group reached 400,000 people before it, along with its creator, was deleted. It was deleted because "Brody Ruckus" was not a real person, but an agent of the music downloading site Ruckus, which is currently used by many University students.

Ruckus data mined the e-mail addresses of the members of the groups, and sent e-mails to students whose schools did not currently have Ruckus, erroneously claiming that his or her school had in fact signed up with Ruckus, and be or she could download music for free if they activated his or her Ruckus account. Since this was not true, these schools did not have the infrastructure in place to deal with the increased traffic on their server, and internet at those schools became even worse than internet has been here.

Brian Rust, the senior administrative program specialist at the University of Wisconsin-Madison, one of the schools affected, told eSchool News that 1,000 UW students signed up for and were using Ruckus within 24 hours of those e-mails

being sent out. Then, Ruckus e-mailed those students who had signed up and urged them to e-mail UW officials to get UW to partner with Ruckus. Simply put, Ruckus tried to strong-arm UW officials to get schools by trying to get the schools to sign a contract with Ruckus after essentially stopping internet access at these schools, and the University should take a stand and cease its support for such a shady company as soon as it is possible.

Yes, Ruckus has been a boon to campus life. But what Ruckus did was totally unacceptable. Ruckus lied to students at UW. How do we students at the University know that Ruckus hasn't been lying to us? For all we know, Ruckus could have sold our e-mail addresses to a third-party marketer, or is planning to in the future. That's the problem with dealing with a company that has been as unethical as Ruckus has: even if they haven't done anything bad here at the University, it's hard to tell.

Furthermore, Ruckus is replaceable. In April of 2005, the University held a fair to help select a music downloading service, of which Ruckus was one of many participants. For example, Napster, Rhapsody and Clixip are all used at other colleges, and there are websites such as Music that provide music downloading as well. The University should start looking into these services, as well as the other options they looked at in the April 2005 digital expo, and pick something to replace Ruckus after the University's contract runs out.

Ethical concerns about Taco Bell led to its expulsion from campus, and Ruckus' actions were just as unethical, if not more so, than those of Taco Bell, as well as more pertinent to students. The University should take a stand and say that any company that does not respect students' privacy will not be tolerated by the University.

BY GREG ALLEN  
STAFF COLUMNIST

My older brother used to tell me that when he was at college, home was our house in Kansas, and when he was in Kansas, home was at school. At the time he told me this, I was still in middle school and had never slept in a bed other than my own for more than a week at a time. I had this vague sense of what he was getting at, but it didn't really click in until I went home for fall break.

Fall break was a weird time for me. Maybe it's just that I'm a freshman, and Wash. U. only just recently stopped feeling like summer camp, but returning to the house I'd lived in all my life almost felt like visiting my grandparents' lives.

The walls weren't repainted, I only just recently stopped feeling like "chicken," my room was still a cluttered mess from my last-minute packing in August. Still,

there was this undeniable sense that the house I grew up in was no longer my home. It was no longer my home because my subconscious still recognized where I was because my little rituals that I never used to notice stayed the same. Like the way I tap the cabinet shelf twice before grabbing a drinking glass.

There was a new dog I didn't recognize, my old dogs didn't recognize me, and my parents were just a little unsure how to act.

We talked about the new diet my mother is starting, whether or not I'm gaining the freshman fifteen, elderly relatives' health problems. There's an unspoken need to keep talking, as if to prove we're still involved in each other's lives.

The next day I visited my old high school—something of a tradition where I'm from. Things there seemed even more off. The kids I did recognize were my mid-

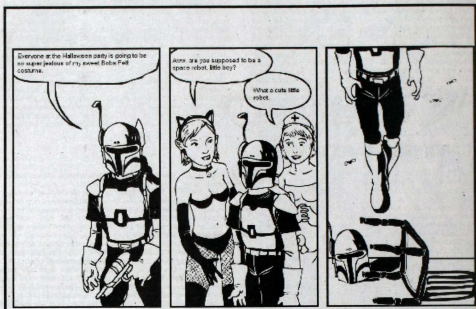
## Our daily Forum editors:

Monday: Chelsea Murphy [cmurphy@art.wustl.edu](mailto:cmurphy@art.wustl.edu) Wednesday: Nathan Everly [neverly@wustl.edu](mailto:neverly@wustl.edu) Friday: Tess Croner [tcroner@wustl.edu](mailto:tcroner@wustl.edu)

To ensure that we have time to fully evaluate your submissions, guest columns should be e-mailed to the next issue's editor or forwarded to [forum@studlife.com](mailto:forum@studlife.com) by no later than 5 p.m. two days before publication. Late pieces will be evaluated on a case-by-case basis.

We welcome your submissions and thank you for your consideration.

## JOHNNY CHANG | EDITORIAL CARTOON



# Going home was weird

classmen acquaintances, not my real friends—the ones now scattered across the country. My favorite former teachers asked me the typical questions: how do I like college, what classes am I taking and why have I gained so much weight. Missing was the amicably effortless back and forth that was an everyday occurrence only months earlier.

Therein lies the cause, I think. It's too early to act like old friends and too late to act like nothing has changed. Trying to move past a mentor-pupil relationship to an old friend-young friend one is almost as impossible as calling former teachers by their first names. Everything is too soon and too late all at once.

That night I set off for Kansas State University to visit my closest friends from high school. There's a lot of truth in saying that some things change and some things stay the same.

Despite the fact that we now live 400 miles apart and are lucky to talk once every two weeks, much less everyday, the friendships still fit. And they still fit in the same ways they always did. Every other relationship from home has been complicated by the fact that I'm no longer in the same stage of my life as on which those interactions were based, but my friends—they still call me stupid when I'm stupid, and they still don't laugh when I'm not funny. There's indescribable solace in that. Everybody else acts with a certain degree of reservation and formality that I don't like and don't understand. When did everybody decide I've grown up?

Greg is a freshman in Arts & Sciences. He can be reached via e-mail at [gallen@wustl.edu](mailto:gallen@wustl.edu).

## LETTERS TO THE EDITOR

# Gay affirmative action without merit

Dear Editor:

Re: "Affirmative Action for Homosexual Students Misquided" [Nov. 1, 2006].

Gay affirmative action? Isn't the whole point of affirmative action to help people of various backgrounds? It's also historically on the low end of the socioeconomic ladder? Isn't the whole point that they could use a leg up helping their whole race become more economically better off? Yeah, gay people can be low on the social ladder in some places, but economically, they're pretty much the same as everyone else from their race. Affirmative action wasn't to make black people feel better. It was to help re-

solve socioeconomic injustice. Without the economics, it's got to be an already existing merit scholarship contest for gay students. Maybe there should be more, but it's unfair to give them a head start in admissions because people pick on them. Homophobia may be a big problem, but affirmative action is the wrong solution to the wrong problem.

—Scott Fabricant  
Class of 2009

## Walkways present safety issues

Dear Editor:

As I walk from Gregg House to Danforth Campus, I can't help but think that the University's walkways have become the location for a very dangerous game of "chicken." As I walk towards campus, bikers go by at high speeds and often approach me from behind without me noticing. If I had decided to take an impulsive step to the left or right, I would have gotten my socks knocked off, suffering anything from bruises and scratches to broken bones or much worse.

Because of construction around campus, students have fewer pathways to choose from as they walk around. The University could alleviate some of the congestion by marking

parts of larger pathways as walking only. I want to bring up the issue so that students and bicyclists are more aware as they rush to class, approach a blind corner or cross an intersection.

Until we get more pathways on campus, be sure to look left and right.

—Neil Patel and Brennan Perez  
Class of 2008 and 2009

## University letter unacceptable

Dear Editor:

During this year's mid-term

elections, Missouri residents will have the opportunity to vote not only on candidates, but on very controversial and crucial issues as well. I believe that these decisions are very important and personal ones that must be made after individual citizens gather all of the facts and draw his own conclusions. This is why I was so shocked and disturbed by the letter I received from the University telling me how to vote and what to think.

I was not in the position that the purpose of college is to teach students how to analyze information and think for themselves. I chose to attend Washington University because of its gleaming academic reputation, not because of its

politics. That didn't factor into my decision at all. When I came here I expected to receive a good education, which I have, and learn how to think for myself, not be indoctrinated and persuaded to further Wash. U.'s political agenda.

I don't believe that a university has the right to influence its students and urge them to vote one way or another. It can present information about both sides of an issue and allow individuals to decide for themselves what they believe is right. But a letter telling students what to think and how to vote is an abuse of its power and in my opinion highly inappropriate.

—Daphna Shamush  
Class of 2007

## YOUR VOICE: LETTERS AND GUEST COLUMNISTS

Student Life welcomes letters to the editor and op-ed submissions from readers.

Letters to the Editor  
One Brookings Drive #1039  
St. Louis, MO 63130-4899

News: (314) 935-5995  
Fax: (314) 935-5938  
e-mail: [letters@studlife.com](mailto:letters@studlife.com)

All submissions must include the writer's name, class, address and phone number for verification. Student Life reserves the right to edit all letters for style, length, libel considerations and grammar. Letters should be no longer than 350 words in length. Readers may also submit longer articles of up to 500 words as guest columns. Student Life reserves the right to print any submission as a letter or guest column.

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Associate Editor: Liz Neukirch  
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Senior Photo Editor: David Brady  
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With a hearty appetite and a craving for meat, meat, and more meat, Matt prepares himself for his heaping plate of goodness. Smokin' Al's BBQ provided plenty of food for a great value.

# Stepping Out

## Smokin' Al's BBQ

1216 Hampton Ave.  
St. Louis, MO  
(314) 781-8008  
\$5-10

BY MATT KAUFMAN AND  
RYAN JACOBSON  
SCENE STAFF REPORTERS

Vegetarian? Feel free to stop reading now. Looking for a great first date spot? Look somewhere else. Watching what you eat? You're out of luck here, because our most recent visit was to Smokin' Al's BBQ, a joint we had driven by many times in the past few years. You won't find much on the menu other than meat,

Rating:



meat and, if you're still hungry, more meat. The food at Smokin' Al's is good; its value is great. For that reason, we're glad we finally paid this BBQ place a visit.

From the outside, Smokin' Al's appeared quite simple. Upon entering, though, we discovered that this place was not nearly as sketchy as we thought it would be. There were giant geckos and cowboy-themed items decorating the walls of the restaurant's

surprisingly spacious interior. We ordered our food at the counter and settled into our seats.

Within minutes our plates began to arrive and, starting at the mounds of food, we realized that we wouldn't be leaving hungry. Our favorite part of the meal was the plate of onion strings that we ordered as an appetizer. If you make your way down to Smokin' Al's, make sure you don't leave without trying these. The strings arrived hot and fresh out of the fryer. These thin and crispy morsels of deliciousness overflowed with the taste of onion.

We also sampled the BBQ wings, which were definitely above average. The wings were fried but not breaded, with succulent meat that was easily coaxed off the bone. Smokin' Al's BBQ sauce gave the meat just the right amount of zing.

For one of our main courses we ordered a half slab of ribs, which was probably our least favorite part of the meal. Although the ribs were very meaty and filling, the meat was neither tender nor flavorful and by no means did it fall off the bone. The highlight of the ribs, however, was the sauce it was served with—Al's famous hot and tangy BBQ sauce, also known as Wolf Sauce. If you decide to dine at Smokin' Al's, be sure to restrain from wearing nice apparel. By time we left, we had managed to get sauce on most of our clothing.

We also finished off a pulled chicken sandwich. The sandwich consists of a pile of shredded chicken soaked in Wolf Sauce and served along with two slices of white bread. This pile was decent, but when it comes down to it, was really just a pile of chicken. We used the bread to soak up the last bits of delicious sauce as picking this dish up as a sandwich would be next to impossible. The generous heap of chicken was enough to satisfy one of the greatest appetites known to man, yet we might try something else for our next meal here.

You can choose from a variety of sides to go along with your entrees. We sampled both the French fries and the coleslaw. The fries were just okay and the coleslaw was nothing to write home to Mom about. On our next visit we might try the baked beans or a vegetable as our side.

All in all, we got a lot of food for a little money. If you're hungry and in the mood for a large carnivorous feast, make your way down to Smokin' Al's BBQ. It won't be the best BBQ you've ever had, but it ought to hit the spot.

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## Sudoku By Michael Mephram

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6		5			7		3	4
3		6				7		
	2	9	2			7	4	
4				8	5			9

Levels: 1 2 3 4

Complete the grid so each row, column and 3x3 box (in bold borders) contains every digit 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

**Solution to Wednesday's puzzle**

3	8	7	4	1	2	9	5	6
4	9	6	3	5	7	1	2	8
1	2	5	6	9	8	3	7	4
6	3	8	7	4	2	5	7	1
9	7	4	8	3	1	5	6	2
5	1	2	7	6	9	4	8	3
7	6	9	5	8	3	2	4	1
2	4	3	1	7	6	8	9	5
8	5	1	9	2	4	6	3	7

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22 Chin beard  
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25 Cliburn's instrument  
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48 Baton Rouge sch.  
51 Arbor Day month  
53 Gradual  
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55 Thoroughfare  
56 Egyptian of retail  
61 Reason d'  
62 Long, straight and amp  
63 Keepsake  
64 Lift-off pressure  
65 All-out feast  
66 Bring to bear  
71 Axlike tool  
67 Winds up

DOWN  
1 "No Exit" dramatist  
2 Is mad about  
3 Made wood repairs  
4 Magazine volume  
5 Not as sizable  
6 Loving stroke  
7 Mid-month  
8 Wind machine  
9 Dream up  
10 Country with no major rivers  
11 National newspaper  
12 Distance unit  
13 Washed-out  
21 Isle near Java  
23 Hop-drying kiln  
25 Author of "Narabedia"  
28 Ocean scope  
30 Noon tolower  
31 Axlike tool  
32 Bering or Ross  
34 Smoked salmon  
35 Spanish gold  
36 Unusual  
37 Forest glade  
38 Iniquitous  
41 Rushed  
42 Copy

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## Solutions

DOWN	ACROSS
1 No Exit	1 New Delhi
2 Is mad about	5 Tech fantasy
3 Made wood repairs	10 Leap
4 Magazine volume	14 Fruit drinks
5 Not as sizable	15 Lady of the house
6 Loving stroke	16 Gob's continent
7 Mid-month	17 Noisy disputes
8 Wind machine	18 Field of conflict
9 Dream up	19 Become dull
10 Country with no major rivers	20 Verbs
11 National newspaper	22 Chin beard
12 Distance unit	24 Exposés
13 Washed-out	25 Cliburn's instrument
21 Isle near Java	26 Nationally suffix
23 Hop-drying kiln	27 Infected patches of skin
25 Author of "Narabedia"	28 Letters from the morgue
28 Ocean scope	32 Gentleman
30 Noon tolower	33 sheepdog
31 Axlike tool	35 As soon as
32 Bering or Ross	38 Building wing
34 Smoked salmon	39 Hear ye
35 Spanish gold	40 Cousin, e.g.
36 Unusual	43 Boston or Chicago weaver
37 Forest glade	45 Be in the red
38 Iniquitous	46 Left out
41 Rushed	48 Baton Rouge sch.
42 Copy	51 Arbor Day month
	53 Gradual
	54 Breaking down
	55 Thoroughfare
	56 Egyptian of retail
	61 Reason d'
	62 Long, straight and amp
	63 Keepsake
	64 Lift-off pressure
	65 All-out feast
	66 Bring to bear
	71 Axlike tool

# SCENE... COIN...

## Do you know what you're going to wear?

BY LANA GOLDSMITH  
SCENE REPORTER

To see a pop dancing amongst a crowd of black cats, super heroes, female firefighters in fishnet stockings and what could only be a model for Victoria Secret's new underwear line, one might think the crazies just got crazier. But if you happen to be in a large white tent in the parking lot in front of Brookings, it's just Wash. U. students celebrating Halloween, America's favorite pagan holiday. Along with the excitement brought by fear and sugar comes the responsibility of having an awesome costume to wear to Bauhaus this Nov. 3.

In the past, students have come up with a colorful, bountiful variety of outfits. Some students chose to revive childhood favorites, such as the Teenage Mutant Ninja Turtles, Popeye the Sailor and Smurfs. A handful chose more new-aged approaches, like Facebook (yes, an actual Facebook profile). Group costumes are popular. Some standout team efforts of the past: The Fallpumpin' Swim Team (guys in white with white swim caps). The Kid on a Leash and her Mom, a group of fairies and Ninjas (in kid-size costumes). At least dressing like your friends helps you keep track of them in the crowded dance party. And lastly, there is never a shortage of the

ever-popular do-it-yourself costumes. A pun or an inside joke could be your next outfit.

If you are still looking for a costume for this year, there are several places to look nearby. Bag-O-Kama is currently featuring many different ensembles consisting of assorted pieces of second-hand clothing. Another costume location is the Halloween Store. This store has a wide variety of costumes, as well as other props and gag gifts. But be wary of high prices; the more elaborate costumes could cost upwards of \$50. To make a simple, less expensive costume, you could simply buy wings, ears or some other addition that can be worn with clothes you already have.

The Halloween Store is located directly across from the Galleria Mall on the Brentwood side. For those male readers out there looking for a laugh, it might not be a bad idea to go costume shopping with your girlfriend or a good female friend—observe that she buys and you could buy one yourself so you can be twins at Bauhaus. Hopefully your girlfriend will have a sense of humor.

If you are strapped for cash this time this year, you do not have to look farther than your own dorm room or apartment for costume materials. Aluminum foil, tape and cardboard boxes can go a long way. You could be your

favorite leftover or beverage. Sheets, pillow cases and laundry bags are also at your disposal. For those people out there who are not too shy, ask a friend of the opposite sex if you could borrow some of their clothes. There is also the option of dressing as your favorite Wash. U. faculty member. Another time and cost efficient alternative to buying a new costume is switching last year's costume with a friend's old costume.

In the event that no ideas come to you, feel free to take advantage of the option of the least amount of clothing possible. On this route, you should remember to wear enough to get past security and to not freeze to death (although the latter problem can be alleviated by dancing close to others and in effect, mooshing off their body heat).

In choosing your costume, there are some things that should be taken into consideration. Persons wearing body paint or excessive amounts of glitter may find few dance partners willing to risk being smeared with paint. If your costume has pieces that spay out or wings, be aware of whom you might be poking. Also, duration of the costume is important. You might try to wear something that will not fall apart by the end of the evening.

Be creative, be cheap and enjoy Bauhaus.



Sophomore Alexandra Jensen made her mummy costume from materials that she found in her dorm room.

# Health Beat

## Breakfast...in a cookie?

In a country that is so obsessed with food, it is surprising that breakfast, "the most important meal of the day," is the least popular meal of the day. To target these consumers, cereal companies keep trying to come up with creative new twists to keep the people interested. The most commonly cited reason for skipping breakfast, it seems, is lack of time. Most people just simply "don't have time" for breakfast. It is no surprise that this was a common response from Wash. U. students—who are so busy running from one thing to the next, they rarely have time to breathe, let alone eat. But now, after endless new on-the-go options, we have entered the era of the breakfast cookie.

What exactly is a breakfast cookie? Bear Mart and the Village Cafe currently carry the "Baker's Breakfast

Cookie," by Erin Baker's wholesome baked goods, which is now available in twelve flavors including Banana Walnut, Peanut Butter and even Vegan Chocolate Chunk. Each breakfast cookie contains a combination of all different natural ingredients (varying depending on flavor of course) including rolled oats, dried fruit, nuts, natural peanut butter and/or chocolate. The cookies contain approximately 300 calories, 3.5-6 grams of fat, 58 grams of carbohydrates, 6 grams of protein and 23 grams of sugar.

In order to gain more perspective on what this means, I compared the breakfast cookie to other breakfast options. A bowl of cereal with a fast cookie has almost the same amount of calories as eating two and a half servings of oatmeal or eating two bowls of cereal with low fat/skim milk. For people

who normally eat large breakfasts, which is now available in twelve flavors including Banana Walnut, Peanut Butter and even Vegan Chocolate Chunk. Each breakfast cookie contains a combination of all different natural ingredients (varying depending on flavor of course) including rolled oats, dried fruit, nuts, natural peanut butter and/or chocolate. The cookies contain approximately 300 calories, 3.5-6 grams of fat, 58 grams of carbohydrates, 6 grams of protein and 23 grams of sugar.

low do breakfast cookies compare to other meal-replacement bars? In order to answer this question, I sought out different options in Bear Mart and the Village

Cafe and picked a few popular meal-replacement bars to compare it to.

On average, meal replacement bars range anywhere from 180 calories to 250 calories. The low end and Cliff Bars on the high end. Power Bars fall somewhere in between with about 200-250 calories. They all range in fat content, with nut and chocolate flavors usually carrying the most amount of fat. The amount of carbohydrates, protein and dietary fiber of course vary, depending on the angle the bar is marketed from. I will emphasize, however, that if your main goal is to feel full longer, you should look for bars/breakfast cookies that contain high levels of protein and dietary fiber. Both protein and fiber take longer

for your body to digest, so you won't feel hungry too quickly. Compare this with a sugary cereal, and you'll notice the difference.

To test the breakfast cookie, I had a friend of mine, Ryan Cotter, eat one instead of his usual smoothie from Hilltop Bakery. Ryan reported that although the cookie tasted good, it did not keep him full very long. "I thought eating the cookie would be fine because it has a similar caloric content to a smoothie," commented Cotter, "but I was still hungry and unsatisfied after eating the cookie."

He added that on a normal day, after having a smoothie, he can usually comfortably last four hours without eating again, but, after eating the breakfast cookie he was still ravenously hungry and ate only two hours later.

"I think it has something

to do with the volume of the cookie," he noted. "Even though the cookie has a similar amount of calories, it is so small that it didn't take up enough volume in my stomach the way a smoothie does."

Ryan makes a good point, and one that is very valuable and important, especially if you are trying to maintain or lose weight. A lot of feeling full has to do with the amount of volume the food fills up, so even though the breakfast cookie may be dense and packed with calories, if it physically takes up less room in your stomach, it may leave you feeling relatively unsatisfied.

So what's the verdict on the breakfast cookie? You tell me. Go to Bear Mart or the Village Cafe and purchase one yourself. Try it for breakfast or a snack and let me know what you think.

BY BEN SALES  
SENIOR STAFF REPORTER

My dad sat us down on his bed. I was eight, my brother, twelve. He turned to us and said, "No inter-dating and no intermarrying. Is that clear?"

We nodded. It was understood. We were Jewish (we still are, really) and rule numero uno was that you didn't date outside of the community. Dating leads to marriage, and Jews marry Jews. It was pre-pubescent, and even I got that. The restrictive reality of only look-

ing inside the fold held me down through high school graduation and by the time I came to Wash. U., non-Jews didn't even exist as potential partners. It was a fact I accepted, but my breakout from the Jew bubble of my first eighteen years of life into a relatively diverse population that was only a third Hebrew made me uncomfortable with what could be perceived as a bigoted romance policy.

Fortunately, no gentle giant went for me. I was Semitic, single and safe from my closed-mindedness.

Then, I began to notice. I wasn't the only one who preferred the women of my own culture. All around me, I saw minorities dating minorities, ethnicities dating ethnicities and coreligionists dating coreligionists. I wasn't alone. I realized that people go for slightly altered versions of themselves a good part of the time. As for me, I wasn't being a racist, I just liked me the Jewish. I still do.

Maybe this is why interracial dating is such a novelty. Hey, there's even a Facebook group for it. Society, for

better or worse, has come to expect this intra-community love. And to be honest, it makes sense. I'm just as likely to meet a girl at Hillel as someone else is at ALAS, ABS or the CSC. Or, for example, Green Action. It's a group, right? If you love the environment, join the fun. Take off that hemp shirt.

This isn't, obviously, a general rule and there's plenty of diverse attraction going down on Lover's Lane. When a Jew buddy of mine began dating his Asian crush, I was happy for him. Who am I to down his joy?

Her reaction, however, on finding out about my dating limits wasn't so don't-ask-don't-tell.

We were hanging out over the summer, and before she had to go, she dropped the conversational bomb. "Are you against his dating me because I'm not Jewish?"

I stammered for a second and when I got my bearings, tried to explain myself. Maybe that's what I'm doing again in this column. I don't think I'm a racist, but, I, like anyone, have my limits. I only date Jewish girls.

Period. And you know what? I'm not alone.

But here's the other hand: I have nothing against the interracial game. If you're not me, go ahead and rock that balsa and mahogany. Feed your tolerance. Get to know another culture, in the biblical sense. And my friend? He can do what he wants. If they get married, I'll be there with the first toast.

So now you know. And that note, if you are a nice Jewish girl, feel free to look me up. The number's on Facebook.

## Race, religion and dating